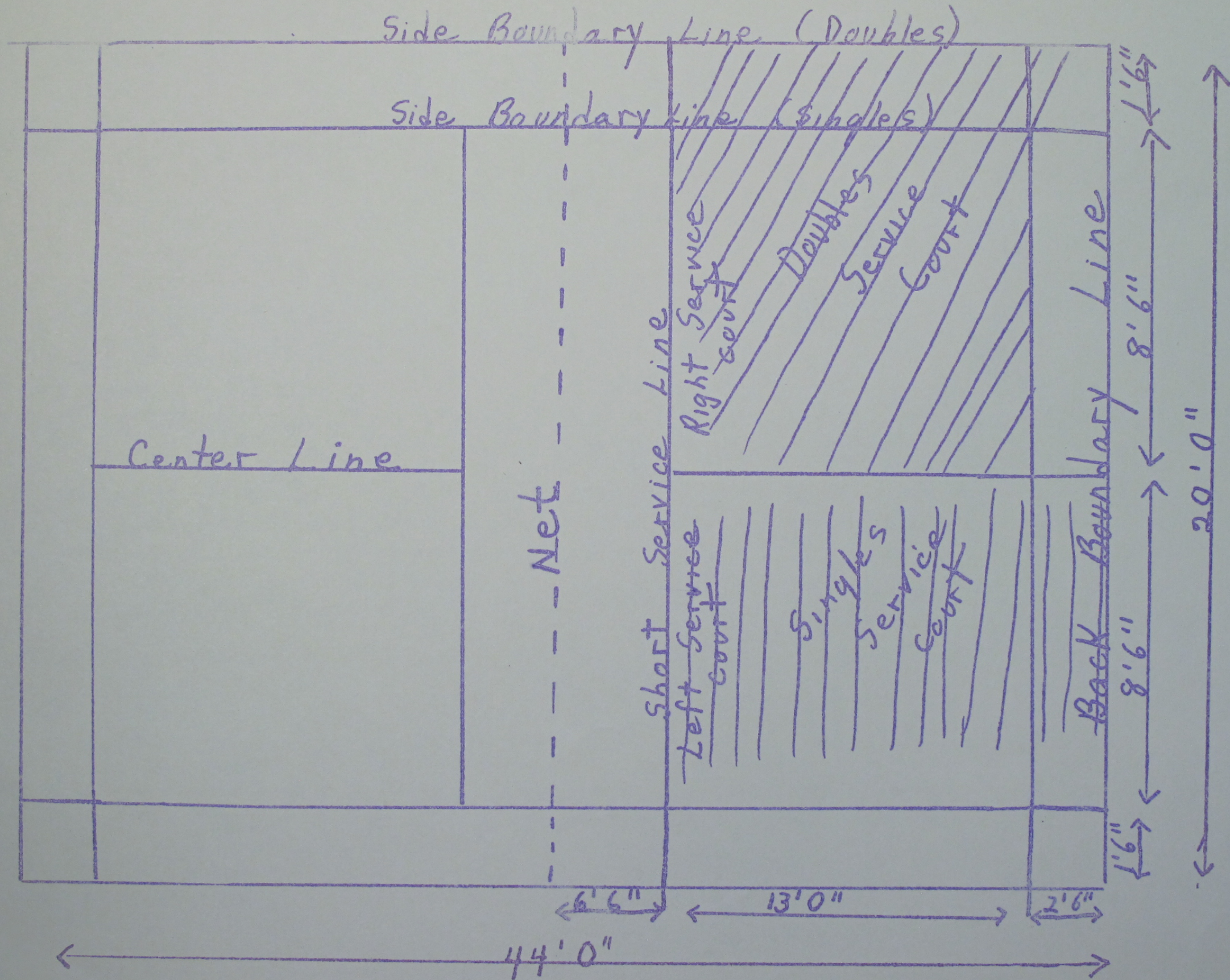


COURT



Skills

7th Grade

I. Introduction

- A. Brief discription of the game
- B. Selection and care of equipment

II. Skills

- A. Footwork
- B. Grips
 - 1. Forehand
 - 2. Backhand
- C. The Serve
 - 1. The Out-of-Hand Delivery
 - 2. The Toss Delivery
- D. The Overhead High Clear
- E. The Driven Clear

III. Lead-Up Games

8th Grade

I. Review skills learned in 7th Grade

II. Skills

- A. Types of Serves
 - 1. The Short Serve
 - 2. The Long Serve
 - 3. The Driven Clear
- B. The Smash
- C. The Drive

III. Rules and Scoring

IV. Terminology

9th Grade

I. Review skills learned in 8th Grade.

II. Skills

- A. The Drop Shot
- B. Net Flights
- C. The Round-the Head Stroke

III. Strategy in Singles and Doubles Play

IV. Terminology

V. Games

Drills

1. Footwork

- A. Running with weight on the balls of the feet. The left foot is a little ahead of the right and pointing in the direction of the opponent. Knees are flexed slightly. This stance permits the quickest action toward or away from the net or in any other direction.
- B. Jumping Rope in order to push from the balls of the feet.
 - 1. Practice jumping from both feet
 - 2. Jump first from one foot, then the other getting the same push.
 - 3. Jump starting from an erect position, go down to a squat position, then slowly back to a straight position.

2. Beginners' Drill

- 1. No. 1 drops bird about knee high and hits it to No. 2 six feet away.
- 2. No. 2 tosses bird to No. 1 about knee high and No. 1 hits it directly back.
- 3. Repeat 1 and 2 using backhand.
- 4. No. 1 tosses bird to No. 2 but throws it overhead for an overhead lob.
- 5. Repeat 4 using backhand. Note: No. 1 and No. 2 alternate.

3. Lob

- 1. With players paired off, lob back and forth over a 10 foot distance.
- 2. Increase distance to 30 feet.
- 3. Record number of successful returns per team of two players.
- 4. Repeat 1 and 2, using underhand lob, allowing bird to fall to level of knee before hitting.
- 5. Alternate underhand and overhead lob to player across the net.

4. Drive

- 1. No. 1 tosses bird in air and hits bird on level with shoulder to No. 2. No. 2 returns drive with medium lob shot. No. 1 catches bird and repeats.
- 2. Repeat 1 but continue to drive shuttle after No. 2 returns bird.
- 3. No. 1 drives to No. 2 forehand; they continue to drive bird at each other.
- 4. Repeat 3 but use backhand.
- 5. Repeat, mixing drives to forehand and backhand.

5. Smash

- 1. Toss bird overhead and direct smash at target (5 ft. from floor and 1½ ft. high and 3 ft long).
- 2. Toss bird into air and hit to No. 2 who catches bird.
- 3. Repeat with No. 1 tossing bird and No. 2 hitting smash to No. 3. No. 3 returns smash, with underhand lob.
- 4. No. 1 lobs to No. 2 who smashes to No 3. No. 3 returns lob to No. 1.
- 5. Alternate smashes. No. 1 smashes-No. 2 lobs-No. 1 lobs-No. 2 smashes.

6. Service

1. No. 1 holding racket at "throat" bends over slightly with right knee forward, drops and hits bird to no. 2. No. 2 hits back the same way.
2. No. 1 stands erect and allows bird to drop outside of right knee and hit to No. 2. No. 2 repeats.
3. No. 1 serves to front court. No. 2 returns with underhand lob. Alternate.
4. Repeat 3, using back court service with No. 2 using underhand lob.
5. To practice deception have player No. 2 call long or short on each serve, based on his judgment of kind of serve made.

7. Group Practice

1. A. Players 1, 2, 3, and 4 practice net strokes. Players 1 and 4 practice forehand and 2 and 3 concentrate on backhand. Use one bird (Rotate)
B. Players A and B and X and Y practice the high lob service. A target may be placed on the floor and points may be scored for hitting the target. (Rotate) Use two birds.
2. A. Eight people may play using two persons in the front court and two in the back court. Each side will have four serves and players rotate from the front court to the back court. Do not allow players at the net to be responsible for any bird back of the short service line.
B. Another variation using six persons with one player in the front court and two in the back court can be very helpful in improving strokes, especially the net player.
3. With eight players on the court, have them rotate after each stroke. Keep in mind that players in the front court do not take any shots behind the short service line and after each stroke move to the next position.
4. Have the pupils line up facing each other about 10 feet apart. The members of line A take a bird and toss it to the pupils in line B. The members of line A try and toss the bird in such a way that it will be about the height and slightly to the right of their knee. The pupils in line B stand with their right foot slightly forward, just as though they were attempting a service stroke. Pupils in line B hit bird back to pupils in line A. Exchange after 10 tries.
5. For a large group with only one or two courts available the service strokes can be practiced by stretching a string the length of the gym, keeping it the same height as the net. Draw a chalk line 6' 6" on each side of the string to serve as the back service line, and a line 22 feet on each side to serve as the back line in singles play. Have the students serve diagonally across the line as though they were serving from the left half to the right half court.

Lead Up Games

1. Mass Badminton

With four on a team, use two front and two back and exchange places upon receipt of service. Score as in badminton. More than four per team, play and score as in volleyball.

2. Modern Poona

Five players per team: two forecourt, one middle, two backcourt. Alternate service as in tennis; otherwise, use men's volleyball rules. Play to 15 or 21 points.

3. Track or Progressive Badminton

Players line up in single file. First player hits bird, then gives racket to next player in line who must hit returned bird. Score as in volleyball. (any number of players per team)

4. Stroke-Sequence Game

Any definite pattern or sequence of strokes such as follows may be used. Player One returns the clear with a drop shot. Player Two returns the drop shot with a net flight. The sequence should be simple, involving only a few strokes at first. If an odd number of strokes is used as above, the sequence can be set up so that it is initiated by Player One the first time and by Player Two the second time, thus assuring equal practice for both players. If used as a game, a point is lost any time the pattern is broken by failure to use the prescribed stroke in sequence.

5. Alternation Long and Short Game

The game is started with the serve (short for doubles, long for singles). Thereafter, points are scored according to the player's ability to force her opponent alternately from deep court to the neutral area in front of the short service line. Any number of points may be scored during a rally by successfully placing the shuttle alternately deep and short. If a player fails to force her opponent to move to the opposite end of the court, no point is scored but play continues and her next point is scored whenever she does force her opponent to move. Service is alternated after each rally.

6. Bonus Point Game

When a specific stroke is being emphasized, place a special value on it during the playing period. Each time that stroke is used by a player, she receives bonus points to be added to her score.

7. Penalty Point Game

If the class has a common fault, such as successive use of drives down the center or careless serves or short high clears, the fault may be penalized by subtracting a certain number of points from the player's score each time the fault occurs.

31. Round-the-Head Stroke-Stroke used in returning overhead of shoulder-high flights on the left side of the body.
32. Rushing-Rushing to the net and returning the bird with a short, quick overhead stroke. Rushing is confined to the player close enough to the net to reach the pop-ups and slow flights which clear the net-tape by too wide a margin.
33. Service (or serve)-Act of placing the bird into play at the start of a regular game. The service is classified here in two different ways: according to the type of delivery of bird to racket (out-of-hand, toss), and according to the type of flight involved (short; long, high; driven).
34. Setting-Increasing game points when the score is tied at 2 or 1 less than game points. In a 15 point game, when the game is tied at 13, it may be set 5 points; when tied at 14, it may be set 3 points. In an 11 point game, when the game is tied at 9, it may be set 3 points; when tied at 10, it may be set 2 points. The option of setting rests with the player or side first reaching the tied score.
35. Set-Up-Popping up or otherwise placing oneself open for a "kill" return from opponent.
36. Short serve-Refers to flight of serve which is short, i. e., just over the short service line; most commonly used in doubles.
37. Short service line-Front boundary line of service court, parallel with and 6½ feet from the net.
38. Shuttlecock-Frequently called shuttle or bird.
39. Singles-The two-handed game.
40. Singles service court-Area between the midcourt (center) line and the inner side boundary line, and between the short service line and the outer back boundary line.
41. Smash-A rapidly descending flight, very fast and at sharp angle to the floor.
42. Up-and-Back teamwork-Division of responsibility according to a lateral division of the court. In general, the "up" player assumes responsibility for the net area (between the short service line and the net); the "back" player assumes responsibility for the remainder of the court; used in mixed doubles.
43. Volley-Exchange of the bird following the serve.

Bibliography

Ainsworth, Dorothy, Marion R. Broer, Alice Goss, Gertrude Gods, Evelyn Jennings, Bertha Pitkin and Florence Ryder, Individual Sports for Women, W. B. Saunders Company, Philadelphia-London, 1952.

Definition of Terms

1. Ace-one point
2. Alley-(side alley)-The narrow strip (1½ feet wide) between the two side boundary lines.
3. Anticipation-Foreseeing or forejudging opponent's intended play.
4. Backcourt (back alley)-Area between the two back boundary lines, and immediately in front of this.
5. Backhand stroke-Stroke used in returning a bird from the left side of the body.
6. Bird Flight-Path of bird's flight after it is hit.
7. Deception-Disguising one's intentions to lead opponent to anticipate wrongly, as in feinting stroke, flight or placement.
8. Doubles-The four-handed game.
9. Down-Loss of serve occasioned by the server's (or serving side's) failure to score.
10. Drive-A fast flight, parallel or nearly so to the floor.
11. Driven Clear-A flight directed over opponent's head and out of his immediate reach, toward the backcourt, but with less height than the high clear.
12. Drop-A rapidly descending flight, directed close to the net.
13. Fault-An infraction of the rules resulting in forfeiture of the serve if committed by the server (or serving side) or in a point gained for the serving side if committed by the player or side not serving.
14. Footwork-Action of the feet in maneuvering to the bird and in recovering court position. Also, position of feet in stroking.
15. Forehand stroke-Stroke used in returning a bird from the right side of the body.
16. Game-The regular game constitutes 15 points in doubles and men's singles, and 11 points in women's singles.
17. Game bird-The service which, if resulting in or followed by a point for the server, wins the game. When the server has 14 points, for example, and he needs but one point to win the game, the bird is said to be a "game bird" as it is served.
18. Grip-The racket hold.
19. High Clear-A rapidly ascending flight, the bird being directed high overhead and falling in the backcourt.
20. Home position-Ideal spot on the court where player awaits return of opponent. This is a spot from which access may be most easily gained to all parts of the court area for which the player is responsible.
21. In (service)-Player or side serving
22. Inning-A side's turn at serving.
23. Long Serve-A serve directed to the backcourt
24. Long service line-Back boundary line
25. Midcourt (or center) line-Extends from short service line to back boundary line, dividing this area into two equal portions; serves as inside boundary line dividing the service courts.
26. Out (of service)-Player or side receiving the service
27. Out-of-hand serve-A serve executed by hitting the bird out of the hand, suited to producing the Short and Driven Service flights only.
28. Out of Play-A bird is out of play when it hits the floor, body or clothing of the player, or a "fault" is committed by a player.
29. Overhead stroke-Stroke used in returning a bird from an overhead point.
30. Pivot-Turning the body on the ball or toe of the foot. The other foot serves to "push off" but the movement is actually begun and directed by the head and shoulders.

1. Racquet must be held so that the arm ^{and} ^{shaking hands} ^{(2) adhesive} ^{insist} ^{all} ^{v.} ^{contact} movements are free and easy, and so that strokes can be played with a minimum amount of wrist movement, control and power. ^{hand coming into} ^{grip hand} ^{wrist tense}
2. Racquet must be held firmly enough to control the stroke, but not gripped too tightly, so as to stiffen the wrist and make its movements stiff and cramped. — "if the knuckles are white the grip is too tight"
3. Correct grip for forearm drive.

Hold racquet by shaft in left hand with the edge of the frame towards the floor, and then with right hand shake hands with the handle. Hold racquet loosely by the handle and then drop head, so that it lies flat against the calf of your right leg, with the arm and racquet almost in one straight line, and the forefinger very slightly away from the other fingers and up the handle.

Grasp the handle near the leather base, high enough up the handle to feel that you have the racquet well under control, but not so far that the leather base protrudes and hampers wrist movement or checks complete follow-through of any stroke.



The **Margaret Eaton School Digital Collection** is a not-for-profit resource created in 2014-2015 to assist scholars, researchers, educators, and students to discover the Margaret Eaton School archives housed in the Peter Turkstra Library at Redeemer University College. Copyright of the digital images is the property of Redeemer University College, Ancaster, Canada and the images may not be copied or emailed to multiple sites without the copyright holder's express written permission. However, users may print, download, or email digital images for individual non-commercial use. To learn more about this project or to search the digital collection, go to <http://libguides.redeemer.ca/mes>.